

THE FAMILY CONNECTION

Activity #27 "If You're Happy and You Know It"

You will need: You and your toddler
The words to the song

Before you begin:

- Learn the words to the song listed below



Try this:

- Tell your child the two of you are going to sing a song about feelings.
- Join with your child in singing the song and making the motions and facial expressions

"If You're Happy and You Know It"

If you're happy and you know it, clap your hands (you and child clap hands)
If you're happy and you know it, clap your hands (clap)
If you're happy and you know it,
Then your face will surely show it (you and your child make a "happy" face)
If you're happy and you know it, clap your hands (clap)

Families: Continue with the verses listed below. Follow the pattern for verse one. Be creative. You and your child make up additional verses.

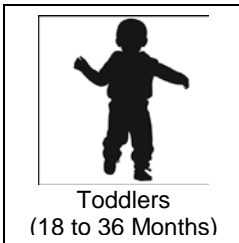
- If you're angry and you know it, stomp your feet (You and your child stomp feet) (Make an angry face)
- If you're sad and you know it, cry, "boo hoo." (Pretend to cry and rub your eyes) (Make a sad face)
- If you're scared (or frightened) and you know it, yell, "I'm scared" (Yell "I'm scared!") (Make a scared face)
- If you're proud and you know it, do like this. (Shoulders back, thumbs under arm pits) (Make a proud face)

Connect with your child's caregiver.

If you don't know the tune to this song, ask your child's caregiver to sing it for you.

Book

If You're Happy and You Know It by Annie Kubler. Child's Play International Ltd; Board edition. 2001.



THE FAMILY CONNECTION

Activity #28 “Feelings Picture Book”

You will need: You and your child
Pictures of people expressing feelings such as happiness and sadness (people laughing and crying, for example) and other emotions
Magazines are a good source for pictures

Before you begin

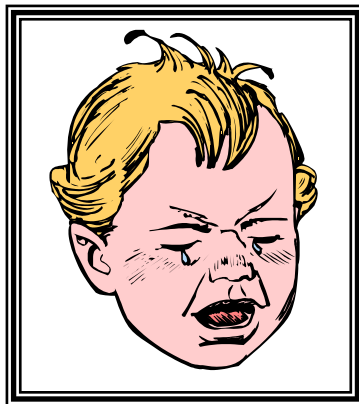
- Cut out the pictures and paste each one on a cardboard square or index card
- Punch holes in each square and tie together with yarn or ribbon to make a “Feelings Picture Book.”

Try this!

- Look at the pictures with your child and talk about each one.
- Encourage your child to imitate the feeling or emotion the person in the picture is expressing
- Talk with your child about why the person might be laughing or crying, for example.
- Use “feeling” words such as angry, happy, sad or frightened.

Label your own feelings. Tell your child some things that make you happy or frightened. Say, for example, “I feel so happy when you give me a big hug.” “I was frightened when I couldn’t find you.”

- Ask your child to tell you some things that make him happy, angry, sad or frightened.





FAMILY RESPONSE





We'd like to hear from you about this Infant and Toddler Family Connection Activity.
Please return this Family Response sheet by _____

Name of Activity: _____

Child's Name: _____

Tell us who in your family participated in this activity with your child:

Help us evaluate the effectiveness of the Family Connection information and activity by rating the items listed below. Check the boxes that best express your opinion.

Family Response	Interested 	Excited 	Bored 	Frustrated 
My reaction to the information contained in the Family Connection activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child's reaction as he/she participated in the Family Connection activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The reaction of myself and/or other family members who participated in the Family Connection activity with my child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My overall rating for this Family Connection activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Give us any additional comments and suggestions. _____

Your Name: _____ Date: _____